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American Residency Outreach Continues In Tennessee

Commission Introduces NSO Reach Out Challenge Grant

From the largest of concert halls to the smallest of classrooms, when the National Symphony Orchestra (NSO) concluded its American Residency Tour in May, they left a lasting impression across the state of Tennessee. Each evening the Symphony dazzled sold out houses, but by day, NSO musicians were conducting educational outreach programs in schools across the state. “They were very impressive, not only in their musical ability, but also in their commitment to their craft and the way they shared it with the children of Tennessee,” said Rich Boyd, executive director of the Tennessee Arts Commission.

From the moment the NSO landed in East Tennessee, they were eager to experience Tennessee culture and this they did! Not only did they experience the state and all it has to offer, they also left a lasting impression on our citizens, our teachers and our students. The members of the orchestra conducted nearly 150 outreach activities in the state’s schools, community centers, and universities.

There were many highlights. One of the brightest moments of the Residency occurred at the Tennessee School for the Deaf in Knoxville. Two musicians were challenged to develop a program specifically for the needs of these students. The students were given the opportunity to feel the vibrations and appreciate the mechanics of sound.

The students and teachers responded so positively the musicians left a practice violin with the students in hopes of continued inspiration.

Other outreach activities allowed pre-kindergarten students to be mesmerized by the strings of a double bass taller than they were, while high school orchestra students were sitting taller and playing with more emotion after a master class with NSO musicians. University students gained a new understanding of the detailed process of transcription in a composition class.

“Tennessee students who participated in the numerous outreach activities will be forever touched by the experience,” said Boyd.



*National Symphony Orchestra musicians Glenn Donnellan and Richard Barber participate in an outreach activity at the Frist Center for the Visual Arts in Nashville.
Photo by Scott Suchman*

In keeping with the spirit of the NSO Residency, the Tennessee Arts Commission has created the **NSO Reach Out Challenge Grant**, a new program for symphonies and music organizations who wish to continue the educational focus demonstrated by the NSO. Grant awards up to \$10,000 are available for symphonies who sponsored the NSO American Residency tour and who collaborated generously and actively participated in outreach efforts. Grant awards up to \$2,500 are available for smaller music organizations who participated in NSO activities and who conduct outreach activities as part of their programmatic mission. “As a sort of testing ground, for the first year, only those symphonies and music schools who were participants in the NSO tour are eligible to apply,” stated Boyd.

To create outreach programs, Tennessee musicians will work with a peer advisor to develop the content of the activity and provide ideas for interaction and staging. For the Reach Out Challenge Grant, peer advisors have been designated in each region of the state to work with organizations and musicians. The Tennessee Arts Commission will bring in Gary Race, the NSO’s outreach activity coordinator, to work with designated peer advisors, educational coordinators, and any musicians interested in attending.

The **application deadline is October 4, 2004**. For further information on the NSO Reach Out Challenge Grant, contact Rod Reiner at (615) 532-9801, or e-mail: rod.reiner@state.tn.us. Information is also available on the Commission’s Web site at: www.arts.state.tn.us.

From The Desk of
The Executive Director

In July the Commission announced a record amount of grant awards for Fiscal Year 2005. It is the second consecutive year that organizations and individuals throughout the state will enjoy increased funding thanks to Governor Bredesen, the Tennessee General Assembly and the sale of collegiate, specialty and personalized license plates.

We enter the new fiscal year with the exciting announcement of a new challenge grant program. The National Symphony Orchestra (NSO) Reach Out Challenge Grant is an opportunity for the Commission to continue the exciting outreach activities that were the focal point of the American Residency Program in Tennessee, April 21-May 10. In classrooms, in concert halls, in senior citizen centers and numerous other venues, members of the NSO demonstrated their talents, interacted with Tennessee citizens, young and old, and shared the joy of music in over 150 outreach activities. We witnessed time and time again how these world-class musicians reached out...they didn't play for their audience they played with them and music was the language. It was magic!



Tennessee is blessed with extraordinary musical artists and outstanding music organizations. Many of these groups already conduct outreach activities as part of their community programming. The NSO Reach Out Challenge Grant will provide incentive funding for music organizations that participated in the Residency project to evaluate their outreach activities and develop new innovative education programs. The Commission believes Tennessee music organizations can learn and benefit from the proven successes of the NSO.

We are never too old to learn.

Rich Boyd
Executive Director

Pictured above: NSO musicians participate in an outreach activity at the W.O. Smith Community Music School in Nashville.

commission news

Commission Announces New Officers

During their most recent quarterly meeting held June 3, the Tennessee Arts Commission elected new officers to lead the Commission for the next year. New officers are: **Nancy DeFriece** of Bristol, chair; **Stephanie Barger Conner** of Nashville, vice-chair; and **Peggy Daniel** of Selmer, secretary.

Molly Pratt, outgoing chair, was optimistic about the future success of the Commission and its programs. “With new leadership in place, I am confident the Commission will continue moving forward, building on our recent accomplishments. All of the individuals selected have a passion for the arts and will work extremely hard in helping the Commission achieve its goals,” said Pratt.

Appointed to the Commission in 1999, DeFriece is president of Landmark Realty and a partner in Sikorski/DeFriece Properties. She has been involved in numerous arts-related organizations in the Bristol area. DeFriece has previously served as a board member for the Bristol School of Ballet, former member of the business council for the Hands-On! Regional Museum, and served on the Board of Trustees of King College for eight years. She is currently on the board of directors for Barter Theatre, and is a member of the Circle of Friends of Storytelling International. As part of her responsibilities with the Tennessee Arts Commission, she served as chair of the Tennessee State Museum Committee.



New Commission officers are Nancy DeFriece of Bristol, chair; Stephanie Barger Conner of Nashville, vice-chair; and Peggy Daniel of Selmer, secretary.

DeFriece is also involved in other civic organizations and activities in Bristol including the YWCA Advisory Board and the Quillen College of Medicine Board of Visitors. She is married to Frank DeFriece, Jr., and is a member of the First Presbyterian Church.

Conner is the former executive director of the Tennessee Film, Entertainment and Music Commission. During her tenure she helped strengthen the film and music industry in areas of policy development and legislation. She previously served as Assistant to the Governor for Policy, and prior to that position served as Assistant to the Governor for Boards and Commissions.

Conner received her bachelor's degree in Human Development from Vanderbilt University. She is a member of Westminster Presbyterian Church, and is married to Forrest Conner. They have two children, Walker and Elizabeth.

Daniel is the gifted coordinator for McNairy County Schools. She received her bachelor's degree from Lambuth University, and a master's degree from the University of Memphis. She is involved in numerous civic activities including the McNairy County Chamber of Commerce, Arts in McNairy(AIM), Shiloh Regional Library, Reelfoot Girl Scouts Council Board, and the American Diabetes Association.

“We have benefited greatly from the strong leadership provided by our previous officers, and I am confident that progress will continue with the selection of these highly-qualified individuals,” said Rich Boyd, executive director of the Commission.

Keep Informed By Subscribing To
Commission's Weekly E-Mail Newsletter



The Tennessee Arts Commission offers the latest statewide arts news on a weekly basis. *Tennessee Arts Online*, the Commission's weekly e-mail newsletter, offers subscribers up-to-date arts news presented in a concise format and even provides links to more detailed information. The e-mail newsletter allows the Commission to provide information quickly and accurately.

Subscriptions to *Tennessee Arts Online* are FREE. To subscribe, go to the Commission's Web site, located at: www.arts.state.tn.us. Scroll down, and on the left, click on “Sign up for weekly e-mail newsletter.” That link will take you to the correct page to subscribe. It's easy. All that's required is your e-mail address and your name.

Rod Reiner Returns To Commission As Performing Arts Director

The Tennessee Arts Commission is pleased to announce that **Rod Reiner** has returned to the staff as director of performing arts. He previously served in that position for 14 years, and later managed the various grant programs of the Commission as deputy director.

As performing arts director, Reiner will be responsible for administering grant applications involving the disciplines of music, dance, and theater, as well as managing the Commission's Touring Program.

Reiner comes to the Commission from Viterbo University in La Cross, Wisconsin, where he taught dance in the theater department for the last two years.

"We are excited to welcome Rod home to the Commission. He is an extraordinary arts administrator, a talented individual, and thoroughly understands the grant process," says Rich Boyd, executive director of the Commission.

Born and raised in St. Louis, Reiner holds a bachelor's degree in theater and dance from Webster University. He has worked as a professional dancer in New York and performed on Broadway, off-Broadway, dinner theaters, and summer stock productions. He previously served as an assistant choreographer for Opryland USA, and has performed in a number of nationally broadcast television specials and music videos.

"Rod has an extensive background in the performing arts and grant management. He has numerous friends throughout the state and was one of our most respected program officers. His experience and knowledge will allow him to make an immediate contribution to the Commission. Our performing arts program is entering a new phase, and we feel Rod will take the program to a new level," adds Boyd.



*Rod Reiner
Director of
Performing Arts*

*For information on the Commission's
Performing Arts Program, contact Rod
Reiner at (615) 532-9801, or e-mail:
rod.reiner@state.tn.us.*

Commission Announces New Information Resource Support Specialist



*Keith Cunha
Information Resource
Support Specialist*

Keith Cunha of Mount Juliet has joined the Tennessee Arts Commission staff as the new information resource support specialist III. His responsibilities will include software applications support, Web site maintenance, training, and general computer support for the Commission's staff.

Cunha most recently worked as an IT professional with Tech Source Inc., and was a contract employee with the State of Tennessee. He served as a team leader providing desktop computer support for 700 customers working in the Department of Finance and Administration. As part of his responsibilities, he determined and resolved hardware and software problems encountered by end users.

Cunha attended Middle Tennessee State University and Nashville State Tech, and brings to the position a solid background in computer support for a state agency.

"We are pleased to welcome Keith to our staff. He joins the Commission in a key position that involves working with every member of the Commission staff, and at a time when we are increasingly dependent on information technology. With his background, he will be able to make an immediate contribution to our communication, information, and technology goals," said Rich Boyd, executive director of the Tennessee Arts Commission.

The Commission has, in recent years, worked toward improving technology capabilities and is always looking for ways to improve the use of technology in the day-to-day business of the Commission.

Current Grant Guidelines Available Online

Grant Guidelines and application forms for Fiscal Year 2006 are now available online at **www.arts.state.tn.us**. Guidelines have been updated and can be easily accessed on the Tennessee Arts Commission's Web site. "We went through a process of revising our guidelines, and have made them more user friendly. It is now much easier for applicants to access the guidelines and forms on our Web site, and we have also attempted to make the application forms easier to understand and complete" says Bob Kucher, deputy director of the Commission.

Questions related to the guidelines or the grant process should be directed to the appropriate program director, or to the deputy director at (615) 741-2093. The deputy director can also be reached by e-mail: bob.kucher@state.tn.us.



Planned for over a year, the 2004 Tennessee Presenters Conference was a big success! This exciting one-day conference was held June 15 at The Renaissance Center in Dickson, and attracted performing artists and presenters from across the state. Appropriately named, *Tennessee Stages . . . Tennessee Stars*, the conference provided technical assistance and multiple showcase opportunities in music, dance and theater. The performing artists brought to the showcases a variety of styles, original ideas, and an abundance of creative energy. Presenters were able to sample some of Tennessee's finest performing artists in eight hours of exciting entertainment. Simply stated, it was an opportunity to see, hear, and enjoy Tennessee at its best!

presenters conference



Participating in one of the sessions are presenters (left to right) Harry Scanlan, Tania Castroverde, and Donald Fann.



Visiting at The Renaissance Center are (left to right) Rich Boyd, executive director of the Tennessee Arts Commission; State Senator Doug Jackson; and Bob Kucher, deputy director of the Commission.

"This was a super event, and I hope you'll consider doing it again in the future!"
Judy Pearson, Crossville Arts Council



Allison Kerr and Hot Biscuits perform during the evening showcase.



Christi Weindorf, director of educational outreach for Ballet Memphis, greets participants at the Ballet Memphis table.



Jeri Goldstein (left) talks with The Cantrells. The folk duo performed during the evening showcase.

Congratulations on a superb conference! From my perspective I believe it was very productive for your state presenters and a wonderful opportunity for your artists to showcase.

Larry Turner
Southern Arts Federation





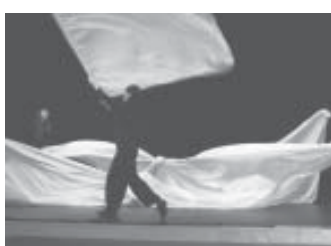
The Princely Players, an eight member a cappella ensemble, perform their songs of hope and liberation for the participants.



The Gypsy Hombres perform for the lunch crowd.



The Rory Partin Band kicks off the lunch showcase.



The Chinese Arts Alliance of Nashville performs during the evening showcase.

"Congratulations on organizing one of the best conferences I've attended in a long while! Great turnout, high quality showcases, and attentive participants. I am honored to have been a part of this event."

*Jeri Goldstein
Arts Consultant*



Templeton Thompson, a contemporary country songwriter and one of Nashville's most in-demand session vocalist, performs to a receptive audience.



The Jazz duo of Jerry Tachoir and Van Manakas entertain the participants.



"Just want to commend you and all involved in this first class event. From the programming, to the food, the talented showcases, one would be hardpressed to find a better organized and meaningful arts event to attend."

John Christopher Knight



Larry Turner, with the Southern Arts Federation, talks to participants during one of the informative and well-attended sessions.



Cabaret Singer Ginger Newman goes over last minute details with Conference Coordinator Bob Kucher.



Mary Jo Heimbigner(left), with the Mid-Cumberland Arts League, has lunch with Terri Jordan, who was representing both the MCAL and the Customs House Museum and Cultural Center in Clarksville.



(left to right) Rich Boyd, executive director of the Tennessee Arts Commission, visits with Commission Member Betsy Reid and Commission Chair Nancy DeFriece.



Music is sometimes called a universal language – a powerful medium that serves as a

motivator, a catalyst for change, and a vehicle for emotional well-being. Musicians have long recognized the powerful force of music, and many have personally experienced how music affects their daily lives in a positive way. It's no coincidence that health care professionals have taken a closer look at how music can be used for positive outcomes.

Because of continued academic and medical interest in its healing power, the use of music in treatment has become commonplace. Music therapists are currently working in psychiatric hospitals, rehabilitation facilities, medical hospitals, outpatient clinics, day care treatment centers, residences for developmentally disabled persons, drug and alcohol programs, senior centers, nursing homes, hospice programs, schools, and in private practices. It's a profession that is still expanding.

music

Music Therapists Understand The Healing Power Of Music

Passion For Music Attracts Many To This Emerging Profession

The American Music Therapy Association (AMTA) defines the practice of music therapy as “the prescribed use of music by a qualified person to affect positive changes in the psychological, physical, cognitive, or social functioning of individuals with health and educational problems.”

The AMTA consistently promotes a vast amount of research exploring the benefits of music therapy. In fact, there is a substantial body of literature in existence supporting the effectiveness of music therapy.

Music therapists studying in the United States must complete a degree in music therapy at an institution whose program is approved by the AMTA, including a clinical internship. The candidate must then pass a national examination offered by the Certification Board for Music Therapists.

“People come into the field by so many different routes. I was 26 years old and in the midst of a career change. I had always been involved in music and was taking some music education courses at a local college. I heard about a music therapy conference taking place in town, and wanted to find out more about it. I was immediately ‘hooked’ and moved 250 miles away to begin taking classes at the closest university offering the program,” says Michael Clark, a board certified music therapist and professor of music therapy at Tennessee Tech University.

“The combination of health care and music made the field very attractive to me. I think I was destined to be in some sort of ‘helping’ occupation, and this one allowed me to use my music, which I also loved,” Clark says.

“The combination of health care and music made the field very attractive to me. I think I was destined to be in some sort of ‘helping’ occupation, and this one allowed me to use my music, which I also loved”

Michael Clark, MT-BC



Allison Kerr, MT-BC (music therapist-board certified) works with program participants at Outlook Nashville. The organization offers its services to more than 120 children and adults across Middle Tennessee, and is one of the area's principal providers for people with severe developmental disabilities.

Allison Kerr, a Nashville jazz musician who is also a board certified musical therapist, says a book lead to her interest in music therapy.

“I read *The Mozart Effect* by Don Campbell, which talks about tapping the power of music to heal the body, increase clarity for the mind, and unlock one's creative spirit. According to most MT-BC's (music therapist – board certified) his research might not have been as developed or as in-depth as the academic world would like, but the book educated the public and myself to the medical possibilities of healing through the therapeutic use of music,” says Kerr.

“After reading the book, I then read about becoming a music therapist, and how it could blend my passion for music, psychology and children, and people, for that matter,” adds Kerr.

Much like Kerr, Tina Haynes, grew up with a passion for music. Haynes is a board certified music therapist at the VA Hospital in Murfreesboro. She is also trained in Guided Imagery and Music (GIM), which is a technique that involves listening to music in a relaxed state for the purpose of allowing imagery, symbols and deep feelings to arise from the inner self. It is a method of self-exploration in which classical music is used to access the imagination.

“My mother began taking piano lessons when I was very young and it fascinated me. I begged to take lessons and started when I was six. I also had my toy doctor's kit and spent time ‘healing’ all my dolls, little brothers, and family dog – typical kid stuff. When I was nine, I read an article in *Reader's Digest* about a woman who worked in a hospital somewhere in New York who used music as therapy. It made such an impression on me that several years later, after discovering a music therapy major in a college catalog, I decided to seriously pursue the field,” says Haynes.

ling Power Of Music

Experiencing The Impact Of Music Therapy

Ask any music therapist and they will relate many stories about how music has helped a patient. It's really why they are in the field. They see the impact they are having on patients on a routine basis. The list of specific examples is endless. They obviously believe in what they are doing, and the results keep them inspired, encouraged, and motivated.

"I witness lives being positively changed each week. I have seen a young boy with autism say 'I love you' for the first time while offering direct eye contact to his mother. His mother burst into tears of joy," says Kerr.

"This was a monumental step for the music therapy process, and for the mother, child, and myself. Most people with autism do not look directly into another's eyes, and they tend to speak in a special perceptive language of their own that might initially seem jumbled to our way of phrasing sentences," adds Kerr.

Kerr says that many times the positive growth might not be on a scale that is 'grandiose' for the average person. "With the population I work with, predominantly children with autism or those who are developmentally delayed, the growth is significant and steady."

Clark has seen the benefits of music therapy from the days when he was in private practice. He provided music therapy to childbearing women to ease the anxiety and pain associated with labor and delivery. More recently, he has seen the benefits through his students' work with Alzheimer patients.

"In the advanced stages of Alzheimer's, confusion and recent memory loss are common symptoms. Listening to familiar music helps these patients re-claim a memory of and contact with pleasant experiences from their earlier lives, so they can temporarily re-live meaningful experiences from their distant past. The association of music with past events is in the minds of these people, and the music becomes the 'trigger' of the person's remembrances," says Clark.



The focus of music therapy is not to teach music, but to use music as a tool to help the client or patient.



Allison Kerr, MT-BC, works with a child at Outlook Nashville.

"The brain comes hardwired to make use of music as a communication medium. This is why music seems so natural to everyone, and this is why everyone responds, at some level, to musical stimulation."

Michael Clark, MT-BC

Clark says that music works well in a therapeutic situation. "The brain comes hardwired to make use of music as a communication medium. This is why music seems so natural to everyone, and this is why everyone responds, at some level, to musical stimulation."

Generally, music therapists do not teach music. Clients may "pick up" music terminology, but the focus is on using music as a tool to help the client or patient.

"Music therapy involves the creating, playing, performing, analyzing, listening of music within a therapeutic session with clients' goals targeted. The goals are most important to the music therapist. These goals can be physical, mental, emotional, communication, academic, or social," says Kerr.

A Profession On The Rise

There are currently about 70 approved music therapy programs in the United States. Michael Clark is not only a music therapy professor, but is also the director of the only music therapy program in Tennessee, and that program is at Tennessee Tech University in Cookeville. Unfortunately, due to budget cuts in higher education, that program will be phased out when current students complete their studies. There are nine students remaining in the program, and that number will drop to five by spring 2005. These students will receive a bachelor's degree with a major in music therapy.

Regardless of the closing of the Tennessee Tech program, the profession continues to grow nationwide. A degree in music therapy is even offered by the highly-respected Berklee College of Music in Boston.

Thomas Hobson is manager of child life at Le Bonheur Children's Medical Center in Memphis. He is a board certified music therapist and is president of the Tennessee Music Therapy Association. Although the practice of music therapy is not as widespread in Tennessee as in some states, Hobson does think that music therapists are making great strides in Tennessee.

"There are currently 38 members of the Tennessee Association of Music Therapy. These numbers are up, as more music therapists are moving to Tennessee from other states. Our membership is up about 33 percent from 2001. Tennessee, much like the rest of the nation, is growing with the number of music therapists providing services to clients," says Hobson.

Lisa Hester, director of the Tennessee Arts Commission's Arts Access Program, says the Commission has funded many programs that use music as an alternative to aggressive behaviors and to facilitate positive learning environments for adults and youth. "With the many positive benefits, it's certainly no surprise that music therapy continues to grow as a profession," says Hester.

Haynes says the practice of music therapy is more prevalent in other states, but feels there is an opportunity for more acceptance in Tennessee. According to Haynes, there is a growing demand for music therapists. She expects that demand to increase as people become more aware of the positive results of music therapy.

"The profession is absolutely on the rise. We have more jobs for music therapists than we have people to fill them, and the demand is expected to continue to increase as more health care providers learn the benefits and efficacy of music therapy," says Haynes.

Most of us listen to music in our offices as we work. Music serves as a soundtrack to our busy workday. It lowers stress, calms our nerves, helps keep us alert, and creates a sort of rhythm as we go about our daily tasks. The medical profession is no different. Many doctors across Tennessee, and nationwide, listen to music as they perform medical procedures in the operating rooms of Tennessee's most respected hospitals. As a matter of fact, conducting surgery to music has become the norm.

music

Music Helps Relieve Stress In The

Tennessee Doctors Join Others In Nationwide Practice of Listening To Music In The OR

An article in *American Medical News*, an American Medical Association publication, has estimated that one-third of today's surgeons play music during operations. The obvious benefits relate to the calming effect of music and the ability of music to relax the surgeon and the assisting medical staff. Music also helps pass the time during tedious procedures that often take many hours.

According to a 1994 study conducted by the State University of New York at Buffalo, researchers found that surgeons performed better on standard laboratory tests of psychological stress while listening to their favorite music. They had lower blood pressure, lower pulse rates, worked faster and made fewer mistakes. The research indicated that music improved performance—as long as the surgeons selected their own music.

Dr. Mark G. Kent, a general surgeon at Baptist Hospital of East Tennessee, says that he likes to listen to music while performing surgery, but he insists that the music is played at a low level. The staff needs to be able to communicate, and it's also important to hear the various monitors.

"The music is used as background. It keeps the elevator ride from becoming too tedious. It keeps the momentum going in the operating room. We don't want to stagnate. The quicker the patients get out of the operating room, the better for the patients," says Kent.

Many hospitals have state-of-the-art stereo systems installed in their operating rooms, while others use their own portable stereos. Of the 18 operating rooms at Baptist Hospital of East Tennessee, a couple have sound systems with the remaining ones using portable systems.

"I know that some surgeons do not listen to music at all during surgery. I think it's more of a generational difference. I trained at the Mayo Clinic, and we always had music there," says Kent.

One might wonder just what type of music a surgeon listens to when performing a long and tedious procedure.

"We are fairly open to what we listen to. I personally listen to classic rock – people like Bob Seager and Creedence Clearwater Revival. You might find other surgeons who listen to classical and jazz."

"The music is used as background. It keeps the elevator ride from becoming too tedious. It keeps the momentum going in the operating room. . ."

*Dr. Mark Kent
General Surgeon*



Connie Lambert, a nurse at Methodist University Hospital in Memphis, places a CD in the player as the team prepares for surgery.

Dr. Phillip Schoettle, a cardiac surgeon at Methodist University Hospital of Memphis, is one of the many surgeons who prefers jazz music when he's working. Although he concedes most listen to CDs, he still listens to the radio, tuned to his favorite jazz station.

"It does create a relaxed atmosphere. The music decreases chatter and quiets the attitude a bit. Most of the time it's soft enough you can tune it out. It's used more as background music, but it does help with relaxation," says Schoettle.

Hospitals in Tennessee, and across the country recognize the many therapeutic benefits of music. Surgeons at Milwaukee's St. Francis Hospital actually fill out "preference cards" before each operation. The preferences include surgical equipment and supplies needed, along with a set list for background music from the hospital's 100-disc library. The hospital recently purchased new CD players for all their operating rooms.

Operating Room

Music Has Calming Effect on Doctor And Patient

In many situations, the doctor in charge selects the music played during a procedure. However, when a patient is semi-conscious, the patient can sometimes become part of that decision. If a patient can hear the music being played, it's important they also feel relaxed and comfortable with the musical selections.

Dr. Dante Graves, a diagnostic cardiologist at St. Thomas Hospital in Nashville, says his patients are often consulted about what type of music they would like during a procedure. Due to the nature of the procedures that Graves performs, his patients are often under light sedation and can hear the music. He says, "the music is kept at a low volume, and is used as background." Studies have shown that music decreases the patient's anxiety before and during procedures, and also reduces sensation of pain.

"We ask the patients what they would like to listen to. It helps set the mood and helps ease the patient. It really helps us both and is a good morale booster," says Graves.

Graves trained at Emory University in Atlanta, and he says most everyone listened to music there.

He says that it's very common to hear classical or jazz in the operating room, but his musical taste is somewhat eclectic.

"We listen to artists like Jimmy Buffet, Eric Clapton, and Mark Knofler. I also listen to a lot of Contemporary Christian music," says Graves.

Graves says he uses a small portable stereo. The medical staff often bring in their personal CDs from home.

"I don't always select the music. We typically have four or five people involved in a typical procedure, so it's really a group decision. Fortunately, we have similar taste in music."



Dr. Dante Graves, a diagnostic cardiologist at St. Thomas Hospital in Nashville, selects a CD before performing a procedure.

"The music decreases chatter and quiets the attitude a bit. Most of the time it's soft enough you can tune it out. It's used more as background music, but it does help with relaxation."

*Dr. Phillip Schoettle
Cardiac Surgeon*

Report Indicates Stress Levels Higher In No-Music Situations

The British Journal of Surgery reported, in a 1995 issue, the results of a study conducted on music and surgeons. In the study, 50 surgeons were given a series of difficult math problems to solve under three conditions: once with no music, once with music chosen by the tester, and once with music chosen by the surgeon. Speed and accuracy were significantly greater when the surgeon-selected music was played. The testers found that familiar music, of whatever type, significantly increased concentration and improved performance.

This particular study applied to operations where the patient was under general anesthesia. However, if a patient is awake during a procedure, many physicians, like Dr. Graves, allow the patient to decide what music is playing. Some doctors even go as far as providing headphones to the patient so they may benefit from whatever subliminal benefit the music might offer.

Most surgeons interviewed believed that music was not a distraction during an operation. Sometimes they turn it down during a critical or especially demanding procedure, or if anyone assisting wants it turned down. Many operations are repetitive, routine, and straightforward, so they feel the music helps. One doctor said the focus is always on the patient, and sometimes the concentration is so great he couldn't tell anyone what music was playing at a given time.

Playing music during surgery has become very common in operating rooms across Tennessee. The healing power of music helps doctors and nurses focus on the important tasks they face on a daily basis. Music is also bringing comfort to an increasing number of patients who stay awake during operations. So the next time you, or a family member, go in for a procedure, you might not only wonder about the doctor's background and specialty, but you might also be curious about his or her musical preferences.



arts across the state

Brenda Buford-Shaw Shares Her Passion For Music

Music is not only her career, it’s her passion. Brenda Buford-Shaw grew up in Memphis, only leaving for a few years to complete her bachelor’s degree in piano and voice from Langston University in Oklahoma. From an early age, she has always loved music. She currently is the owner of a music education studio in downtown Memphis where she teaches piano, organ, and voice. She also teaches piano in the Memphis City Schools. In fact, in the past 25 years she has worked in over 18 schools – both public and private. With all her teaching activities, she still finds time for more.

Buford-Shaw works twice a week at an Alzemers day care for adults, and is a day care specialist at Mt. Vernon Baptist Church and at Building Blocks Day Care Center. She is also Music Education Outreach Director at Amro Music Store where she teaches music and the positive benefits of music to students of all ages.

“Music opens up avenues for learning. It can have a huge impact on people,” says Buford-Shaw. “Music teaches kids how to make the right choices in life, and it keeps them out of trouble. For older students, it just makes life a little sweeter.”



Brenda Buford-Shaw

If all her teaching activities weren’t enough to keep her busy, Buford-Shaw even has her own radio talk show on a Memphis gospel radio station WMQM. Her show, *Music. . . The Universal Language* features individuals involved in the arts and music. Guests have included theater groups, music educators, and others involved in music and arts programs in the Memphis community. Guests are already scheduled on her show for the next three months. The show airs every Tuesday and Thursday, from 1:30 until 2 p.m., on the 50,000 watt station.

“The station contacted me about a year ago. I had done a lot of radio before so it was a natural progression for me. Memphis, and the entire state, has such a rich musical heritage. I love to invite my guests to share stories of their programs and their personal experiences related to music,” says Buford-Shaw.



Brenda Buford-Shaw with her students.

Buford-Shaw selects her own guests, but the show is so popular people sometimes call her wanting to appear on the show. The show tapes at 7 a.m., so the schedule accommodates music educators. They can get in, do the show, then be on their way to work.

“I enjoy the show so much. It opens up ways for music educators to work together, and allows us to encourage kids to become musicians and performing artists. I just really enjoy what I do,” she says.

Buford-Shaw’s activities reach beyond Memphis. In recent years she has served on Tennessee Arts Commission Citizen Advisory Panels. Panelists meet once a year in Nashville to offer advice on program planning and to review grant applications. In addition, they serve as year-round resources to the Commission staff as advocates for the arts in their communities. She served on the Commission’s Music Panel in 1997 through 2000, and on the Inter-Arts Panel in 2001 through 2003. “I like serving on the panels. I like learning about other arts programs in the state. It makes me feel like I am providing a service. It’s time-consuming, but once I’m there I love it,” she says.

Panelists are nominated and required to include a statement of their individual qualifications to serve on the advisory panel. Nominees are then contacted to confirm their interest and commitment to attend specific meetings.

Lisa Hester, director of the Arts Access Program for the Commission, commends Buford-Shaw for her work on the Commission’s panels. “Brenda makes a tremendous contribution, and has provided an invaluable service to the Commission. She is so involved in her community, and is dedicated to sharing her passion for music with everyone she meets,” says Hester.

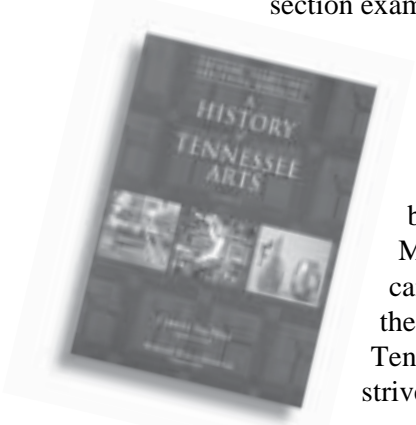
New Book Examines History Of Tennessee Arts

The harmonies of the Fisk Jubilee Singers, the measured brush strokes of painter Lloyd Branson, the intricate basket weaving of Maggie Murphy, the influence of the Agrarian literary movement, and the theater barnstorming of actor-manager Sol Smith—such are the sounds, images, and expressions of Tennessee’s arts legacy.

Through its interlocking themes of tradition and innovation, *A History of Tennessee Arts: Creating Traditions, Expanding Horizons* traces the story of the arts in Tennessee from its formal, more academic side to its vernacular expressions of culture, self, and community. Both the formal and the vernacular contribute to an understanding of what the arts mean to Tennesseans and, in turn, what Tennesseans have to offer the culture of the state, the region, and the nation. A history of the arts in the Volunteer State becomes, then, an evolving barometer of not only where we have been as a culture, but also how we have matured as a society.

This richly illustrated book, cosponsored by the Tennessee Arts Commission and the Tennessee Historical Society, covers the varieties of art in Tennessee in five parts. The visual arts and architecture section includes chapters on vernacular and high style architecture, sculpture, painting and photography, while the section on craft arts celebrates folk arts such as woodcraft, silversmithing, pottery, and textiles. The section on Tennessee’s rich literary history

includes such writers as James Agee, Robert Penn Warren, and Evelyn Scott, while the performing arts are represented by a wealth of storytellers along with two centuries of stage history. Finally, Tennessee is home to—and originator of—much of the music that we know as distinctively American. Contributors to the music section examine gospel, blues, rock, soul, and, of course, country music.



From prehistoric cave paintings to the “cow punk” of Jason and the Scorchers, from the elegant capitol building of William Strickland to Ballet Memphis, and from the unique cantilevered barns of East Tennessee to the chronicles of Alex Haley, the arts in Tennessee truly celebrate traditions and strive to expand our horizons.

The book was published by the University of Tennessee Press, and is edited by Carroll Van West. West is the director of the Center for Historic Preservation at Middle Tennessee State University and senior editor of the *Tennessee Historical Quarterly*.

For more information, visit the University of Tennessee Press Web site: www.utpress.org. Ordering information is also available by calling 1-800-621-2736.

Grantmaking Workshops Planned For Fall

The Tennessee Arts Commission will offer nine grantmaking workshops for applicants seeking Fiscal Year 2006 grant funding from the Commission.

“The workshops will focus on the Commission’s Fiscal Year 2006 Grant Guidelines. All potential applicants are strongly encouraged to attend in order to learn about guideline changes, and to help strengthen their individual application,” says Bob Kucher, deputy director of the Commission.

Workshops will cover general grant categories, except Arts Education which will be conducted at a later date.

The schedule of workshops is as follows:

Johnson City
Tuesday, October 12
Johnson City Area Arts Council
214 East Main Street
Contact: Sarah Davis
(423) 928-8229

Knoxville
Wednesday, October 13
Arts and Culture Alliance of
Greater Knoxville
Emporium Center for the Arts
100 South Gay Street
Contact: Cheryl Jenkins or
Liza Zenni (865) 523-7543

Nashville
Tuesday, October 19
Tennessee Arts Commission
401 Charlotte Avenue
Contact: Jonathan Saad
(615) 532-9796

Chattanooga
Wednesday, October 20
Allied Arts of Greater Chattanooga
406 Frazier Avenue
Contact: Marilyn Harrison
(423) 756-2787

Tullahoma
Thursday, October 21
Tullahoma Fine Arts Center
401 South Jackson
Contact: Lucy Hollis
(931) 455-1234

Smithville
Tuesday, October 26
Appalachian Center for Crafts
1560 Craft Center Drive
Contact: Kathy McGlamly
(615) 597-6801

Memphis
Wednesday, October 27
Memphis Brooks Museum of Art
1934 Poplar Avenue
Contact: Kathy Dumlao or
Sally Heinz (901) 544-6215

Jackson
Thursday, October 28
Jackson Arts Council
314 East Main Street
Contact: Kathi Landon Leatherwood
or Donna Taylor
(731) 423-2787

Martin
Wednesday, November 3
Northwest Tennessee
Development District
124 Weldon Drive
Contact: Barbara Tuck
(731) 587-4213

For information on the workshops contact Bob Kucher, deputy director, at (615) 741-2093, or e-mail: bob.kucher@state.tn.us. Grant Guidelines for Fiscal year 2006 are available on the Commission’s Web site: www.arts.state.tn.us.



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No person on the basis of race, color, national origin, disability, age, religion, or sex shall be excluded from participation in or otherwise be subjected to discrimination of services, programs and employment provided by the Tennessee Arts Commission and its contracting agencies.



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"She Hit Rock Bottom," by Irene Ritter, 2003, Limestone.

Mother Nature / Human Nature
an exhibit of recent works by

Irene Ritter
Nashville

Jeanne Reynolds
Memphis

The Tennessee Arts
Commission Gallery

Aug. 26 - Oct. 1, 2004

For information on the exhibit, or the Tennessee Arts Commission Gallery, call (615) 741-2093, or e-mail: bob.kucher@state.tn.us